



SAMHSA
Tribal Training and
Technical Assistance Center

Substance Abuse and Mental Health Services Administration

Contract No. HHSS280201300001C

Evidence-Based Programs and Practices Handout

March 20, 2014

Submitted to:

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This document is produced as an item that was detailed in the Work Products and Findings Plan under Subtask 4.1.

National Registry Evidenced-Based Programs and Practices

This list of evidence-based programs and practices details interventions that support mental and substance abuse prevention and mental health promotion that have been found to work with American Indian/Alaska Native populations and communities. It lists the intervention, ages that it targets, the area of interest, race/ethnicities targeted, appropriate geographic locations and cost information. This list is taken from SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP), which can be found at <http://www.nrepp.samhsa.gov/>.

Evidence-Based Intervention	Ages	Areas of Interest	Race/ Ethnicities	Geographic Locations	Costs
The Question, Persuade, and Refer (QPR) Gatekeeper Training for Suicide Prevention	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Mental health promotion	American Indian or Alaska Native Asian Black or African American Hispanic or Latino Native Hawaiian or other Pacific Islander White Race/ethnicity unspecified	Urban Suburban Rural and/or frontier	Pricing varies – see vendor website for more information. www.qprinstitute.com
Applied Suicide Intervention Skills Training (ASIST)**	Adults and youth age 16+	Mental health promotion	American Indian or Alaska Native Asian Black or African American Hispanic or Latino Native Hawaiian or other Pacific Islander White	Unspecified	Pricing varies – see vendor website for more information. www.livingworks.net

Evidence-Based Intervention	Ages	Areas of Interest	Race/ Ethnicities	Geographic Locations	Costs
			Race/ethnicity unspecified		
safeTALK (Tell, Ask, Listen and KeepSafe)**	Adults and youth age 15+	Mental health promotion	American Indian or Alaska Native Asian Black or African American Hispanic or Latino Native Hawaiian or other Pacific Islander White Race/ethnicity unspecified	Unspecified	Pricing varies – see vendor website for more information. www.livingworks.net
American Indian Life Skills Development Curriculum/Zuni Life Skills Development (AILSCD)	13-17 (Adolescent)	Mental health promotion	American Indian or Alaska Native	Urban Rural and/or frontier Tribal	\$30/manual \$9,000 + expenses for 3-day, on-site key leader training For more information contact: lafrom@stanford.edu
Sources of Strength	13-17 (Adolescent) 18-25 (Young adult)	Mental health promotion	Black or African American Hispanic or Latino White	Urban Rural and/or frontier	Pricing varies – see vendor website for more information. www.sourcesofstrength.org
Second Step	6-12 (Childhood)	Mental health promotion Substance abuse prevention	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White	Urban Suburban Rural and/or frontier	Pricing varies – see vendor website for more information. www.cfchildren.org

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Project Venture	6-12 (Childhood) 13-17 (Adolescent)	Substance abuse prevention	American Indian or Alaska Native Hispanic or Latino Native Hawaiian or other Pacific Islander White Race/ethnicity unspecified	Rural and/or frontier Tribal	Pricing varies – see vendor website for more information. www.niylp.org
CHOICES: A Program for Women About Choosing Healthy Behaviors*	18-25 (Young adult) 26-55 (Adult)	Substance abuse treatment	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified	Urban Suburban	Curriculum kit, online support, phone or email technical assistance, and data tracking and monitoring system are free. Costs vary for training of trainers and on-site consultations. For more information contact: chutsell@cdc.gov .
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	6-12 (Childhood)	Mental health promotion	Black or African American Hispanic or Latino White Race/ethnicity unspecified	Urban	Pricing varies – see vendor website for more information. www.cbitsprogram.org
Emergency Room Intervention for Adolescent Females*	13-17 (Adolescent) 18-25 (Young adult) 26-55 (Adult)	Mental health treatment	Hispanic or Latino Race/ethnicity unspecified	Urban	Pricing varies – see vendor website for more information. http://chipts.ucla.edu/resources/?did=669

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Evidence-Based Intervention	Ages	Areas of Interest	Race/ Ethnicities	Geographic Locations	Costs
Families and Schools Together (FAST)	0-5 (Early childhood) 6-12 (Childhood)	Mental health promotion Substance abuse prevention	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White	Urban Suburban Rural and/or frontier Tribal	\$6,045 plus travel expenses For more information visit: http://familiesandschools.org
Guiding Good Choices (GGC)	6-12 (Childhood) 13-17 (Adolescent) 26-55 (Adult)	Mental health promotion Substance abuse prevention	White Race/ethnicity unspecified	Rural and/or frontier	Pricing varies – see vendor website for more information. www.channing-bete.com/ggc
Model Adolescent Suicide Prevention Program (MASPP)	6-12 (Childhood) 13-17 (Adolescent) 18-25 (Young adult)	Mental health promotion	American Indian or Alaska Native	Tribal	2-day, off-site training-\$1,200 per person for up to 25 participants 2-day, on-site consultation-\$1,500 plus travel expenses Adolescent Suicide Prevention Manual and email or phone support are free. For more information contact: pserna@nccbs.org
Protecting You/Protecting Me	6-12 (Childhood) 13-17 (Adolescent) 18-25 (Young adult)	Substance abuse prevention	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified	Urban Suburban Rural and/or frontier	Pricing varies – see vendor website for more information. www.hazelden.org/web/go/pypm

Evidence-Based Intervention	Ages	Areas of Interest	Race/ Ethnicities	Geographic Locations	Costs
Stay on Track	6-12 (Childhood) 13-17 (Adolescent)	Substance abuse prevention	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified	Urban Suburban Rural and/or frontier	Pricing varies – see vendor website for more information. www.ncpr.org/sotHome.htm
Storytelling for Empowerment	6-12 (Childhood) 13-17 (Adolescent)	Substance abuse prevention	Hispanic or Latino Race/ethnicity unspecified	Urban	Pricing varies – see vendor website for more information. www.wheelcouncil.org
Strengthening Families Program (SFP)	6-12 (Childhood) 13-17 (Adolescent) 26-55 (Adult)	Mental health promotion Substance abuse prevention	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified Non-U.S. population	Urban Suburban Rural and/or frontier Tribal	Pricing varies – see vendor website for more information. www.strengtheningfamiliesprogram.org

*Program designed for female participants

**The content of practices listed in Section III (Adherence to Standards) of the Suicide Prevention Resource Center Best Practices Registry address specific goals of the National Strategy for Suicide Prevention and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines.